



5月の予定献立表

※食物アレルギーのある児童・生徒は、給食を食べる前に裏面の「詳細献立表」で内容を必ず確認しましょう。家庭・学級においても毎日確認してください。

1日(金) 若狭小
8日(金) 銘苺小、上山中
18日(月) 若狭小6年生、上山中
25日(月) 銘苺小

Table with columns for school type (小学校, 中学校) and nutritional standards (E=エネルギー, P=タンパク質, F=脂質).

Introduction section titled '新生活の疲れが出ていませんか?' (Are you tired from the new year?). It includes tips on eating, sleeping, and exercising, and a menu for Monday (1日(金)) with illustrations of food items like rice, vegetables, and fish soup.

Section titled '今月の給食目標 朝ごはんの大切さを知ろう' (This month's school lunch goal: Let's know the importance of breakfast). It features a diagram of a human body showing internal organs and a menu for Wednesday (7(木)) and Friday (8(金)).

Menu grid for days 11(月) through 15(金). Each day's menu includes a main dish, a side dish, and rice, with corresponding nutritional values for elementary and middle schools.

Menu grid for days 18(月) through 22(金). Each day's menu includes a main dish, a side dish, and rice, with corresponding nutritional values for elementary and middle schools.

Menu grid for days 25(月) through 29(金). Each day's menu includes a main dish, a side dish, and rice, with corresponding nutritional values for elementary and middle schools.

※材料・天候によって献立を変更することがあります。